



HEALTH SCORE

51%

Awesome Eggplant Rollatine

READY IN



65 min.

SERVINGS



4

CALORIES



896 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon parsley dried
- ☐ 2 large eggplant peeled sliced
- ☐ 4 eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 2 tablespoons garlic powder divided
- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 2 cups parmesan cheese divided grated
- ☐ 28 ounce tomato pasta sauce divided

- ☐ 15 ounce ricotta cheese
- ☐ 4 servings salt and pepper to taste
- ☐ 1 cup mozzarella cheese shredded divided
- ☐ 1 cup vegetable oil for frying

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a shallow mixing bowl combine 3 eggs, 1 tablespoon garlic powder, 1 cup Parmesan cheese, Italian seasoning, salt and pepper. In a separate, shallow dish or plate, pour the flour.
- ☐ Heat oil in a large, deep skillet. Dredge eggplant slices in flour, then in egg mixture and fry slices 2 or 3 at a time in hot oil.
- ☐ Place fried slices on a paper towel lined plate to drain.
- ☐ In a large bowl combine ricotta, 1/2 cup mozzarella, remaining 1 cup Parmesan, remaining 1 tablespoon garlic powder, 1 egg, parsley and spinach; mix well.
- ☐ Spread about 1/3 of the pasta sauce in the bottom of a 9x13 inch baking dish.
- ☐ Place about 2 tablespoons of spinach mixture in the center of each eggplant slice and roll securely; place in prepared pan.
- ☐ Pour remaining pasta sauce over eggplant rolls and top with remaining 1/2 cup mozzarella cheese.
- ☐ Bake in preheated oven for 30 minutes.

Nutrition Facts



 **PROTEIN 21.7%**  **FAT 49.91%**  **CARBS 28.39%**

Properties

Glycemic Index:53.5, Glycemic Load:23.82, Inflammation Score:-10, Nutrition Score:53.403043207915%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 895.95kcal (44.8%), Fat: 50.97g (78.41%), Saturated Fat: 23.56g (147.27%), Carbohydrates: 65.22g (21.74%), Net Carbohydrates: 51.45g (18.71%), Sugar: 16.65g (18.5%), Cholesterol: 283.52mg (94.51%), Sodium: 2399.39mg (104.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.86g (99.71%), Vitamin K: 314.74µg (299.75%), Vitamin A: 10586.03IU (211.72%), Calcium: 1001.55mg (100.16%), Selenium: 68.99µg (98.56%), Phosphorus: 868.82mg (86.88%), Manganese: 1.68mg (83.82%), Vitamin B2: 1.21mg (71.24%), Folate: 272.33µg (68.08%), Fiber: 13.77g (55.08%), Vitamin E: 7.7mg (51.32%), Potassium: 1755.01mg (50.14%), Magnesium: 170.39mg (42.6%), Zinc: 6.38mg (42.55%), Iron: 7.54mg (41.91%), Vitamin B6: 0.78mg (38.88%), Vitamin B1: 0.52mg (34.85%), Vitamin B12: 2.07µg (34.44%), Copper: 0.67mg (33.56%), Vitamin B3: 6.01mg (30.04%), Vitamin C: 23.53mg (28.52%), Vitamin B5: 2.61mg (26.1%), Vitamin D: 1.45µg (9.7%)